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## **Restless REM sleep in insomnia disorder and its detrimental effects on regulation of emotional distress**

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## List of Publications

- Wassing R**, Benjamins JS, Dekker K, Moens S, Spiegelhalder K, Feige B, Riemann D, Van Der Sluis S, Van Der Werf YD, Talamini LM, Walker MP, Schalkwijk F and Van Someren EJW (2016). Slow dissolving of emotional distress contributes to hyperarousal. *PNAS* 113(9): 2538-2543.
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- Benjamins J, Migliorati F, Dekker K, **Wassing R**, Moens S, Van Someren E, Hartescu L, Itzhacki J, Pinto T and Tesler N (2013). The sleep registry. An international online survey and cognitive test assessment tool and database for multivariate sleep and insomnia phenotyping. *Sleep Medicine* 14: e293-e294.